

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee:** Pregnancy Options LifeCare Center

**Contact:** Gina Little

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**Goal:** To provide necessary services and referrals to pregnant and parenting women in southern Minnesota

**For the period:** January, February, March 2016

<b>Activity or Service</b>	<b>Activity or Service Description</b> <small>Major Work Plan Activities</small>	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> <small>Report the progress and accomplishments made this period on each activity.</small>	<b>Report Count</b>
<b>Administrative Activities</b>	Hire and train volunteers; coordinate donations of baby store incentives; assess staff conduct all administrative duties		We have spent time preparing the center to begin testing for STI's. We continue to assess the EVYL program in ways to best bridge language barriers.	
<b>Outreach</b>	Promote incentive education program to English, Spanish, Somali speaking clients; increasing capacity		We continue to use our Spanish speaking Advocate to reach out to the Hispanic culture. We have updated information to reach out to the younger generation with information.	
<b>Case Management Services</b>	Follow-up with incentive education program clients to assess progress and facilitate access to resources	100	As we have changed the EVYL program we continue to speak to the clients about their retentions of the last appointment and to expand on the lessons.	75
<b>Crib Distribution/ Sleep Safety Education</b>	Award cribs through Cradle of Hope crib distribution program; provide sleep safely education through incentive education program	5	We continue to partner with Cradles of Hope to offer Pac-N-Play's to mothers in need. We continue to have our clients watch safe sleep education to raise awareness.	4

# Quarterly Totals

## Demographic Reporting Form

Positive Alternatives

Date: Jan-Mar 2016

Grantee Name: Pregnancy Options LifeCare

### 1. Client Age Range:

Under 15	15-17	18-19	20-24	25-29	30-34	35+	Unknown age
0	0	4	4	3	3	2	0

### 2. Client Pregnancy Status:

1st Trimester	2nd Trimester	3rd Trimester	Post partum	Pregnancy Status Unknown
1	4	6	5	0

### 3. Client Marital Status:

Married	Not Married	Marital Status Unknown
5	11	0

### 4. Client Race:

Race: White	Race: African American	Race: African American	Race: American Indian	Race: Asian Pacific	Race: Other/ Multi Race	Race: Unknown
13	0	3	0	0	0	0

### 5. Client Ethnicity:

Hispanic Ethnicity: Yes	Hispanic Ethnicity: No	Ethnicity Unknown
7	9	

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Financial Assistance</b>	Provide assistance with completing Financial assistance forms, provide Scholarships for Mom educational programs, provide prepaid cards for assistance in emergency situations	7	We continue to offer assistance in filling out applications for county aid (food assistance, energy assistance, and insurance). We also continue to partner with Motherhood grants as needed. We continue you to offer prepaid cards as we are able.	7
<b>Interpreter Services</b>	Provide interpreters for Spanish-speaking and Somali-speaking clients	5	We continue to use Somali interpreters for our clients who are not English speaking. We also still use a Spanish speaking advocate to assist our Spanish speaking clients.	56
<b>Life-Skills Education Program</b>	Provide educational programs that have components specifically about building life skills	35	We continue to use curriculum that includes life skills and promotes well rounded education	76
<b>Material Support</b>	Provide baby clothing, diapers, layettes, baby equipment to pregnant and parenting women not included in incentive program.	40	We continue to partner with St. Vincent's De Paul to assist with the needs of new or expecting parents with material needs.	36
<b>Mental Health</b>	Refer clients for mental health assessment, refer to or assist clients with entering treatment programs	5	We continue to assess our clients for the need to refer to Mental Health treatment.	0
<b>Nutrition</b>	Provide prenatal vitamins, folic acid, nutrition education programs, referrals to food shelves	20	We continue to provide services to the clients with free prenatal vitamins, nutritional educational programs and referrals as needed. We also continue to refer to St. Vincent's and the Food Shelf.	17

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<b>Parenting Education</b>	Assist clients in accessing needed services; enroll clients in parenting education incentive program and assess needs through Life Coaching; meet with clients to complete assignments and provide Life Coaching	200	We continue see many young mothers become active learners in ways to best care for their children as well as look to life coaching for ways to increase their self-esteem and desire to become a more confident parent.	143
<b>Pregnancy Education</b>	Assist clients in accessing needed services; enroll clients in pregnancy education incentive program and assess individual needs; meet individually with clients to complete assignments	35	We continue to educate expecting mothers on the importance of prenatal care and early moments in motherhood.	32
<b>Pregnancy Testing</b>	Provide program eligibility assessment, pregnancy counseling and testing	7	We continue to offer and assist pregnancy test to those who seek our services.	8
<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	7	We continue to assess and aid in the necessary services available within the community.	13
<b>Transportation</b>	Provide transportation vouchers to clients attending educational programs	3	We continue to offer transportation vouchers as we have them to assist clients in the challenge of getting to our center.	1

### **Maternal and Child Health Initiative Task Force Strategies**

	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	14

<b>Maternal and Child Health Initiative Task Force Strategies</b>		<b>No.</b>
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>		0
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>		12
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>		6
<i>Number of women who received sleep safety education only from a PA funded program activity</i>		12

**Challenges:** We continually are working on our curriculum to include more information to our Somali and Spanish speaking clients. Although our Spanish speaking advocate alleviates some of this the information is limited for the Somali women who are new to the U.S. Our cold weather limited the number of clients who walk to their appointments to make it to us.

**Comments:** This quarter is typically a slower quarter for our center as weather is a huge obstacle for our families. We are starting to see an increase in calls and appointments for new clients.

